Handout: So You Want To Hold A Retreat
Top Ten Things To Know

1. Goals: Each SD Retreat Works Toward The Same Goals
   a. Build relationships among participants
   b. Improve campus climate
   c. Energize SD for the rest of the semester
   d. Gain content knowledge
   e. Help start the semester in Stage 3 to hopefully get to Stage 5 (if the retreat is before the semester starts – August or January).

2. Think About Costs
   a. Cost for retreat itself (space, food, transport, insurance)
   b. Cost for SDCN materials and support
      i. Typical SDCN Deep Membership (with Retreats as one core program)
         1. **Training:** 1 joint training or 2 separate trainings
         2. **Cost:** $15,000 - $18,000
         3. **What's Included:** SD group mod training fee; Retreat mod training fee; Consultation with PD for Retreat & 1-2 other Core Programs (2-4 phone calls per month); SDCN Champions' Session; Curriculum adaptation; Materials, manuals, evaluations; Member discount to SDCN events
         4. **What's not included:** Travel costs for workshops; Facility rental, food, & transport at Retreat.

      ii. SDCN Training Only Membership (Retreats + SD Groups)
         1. **Training:** 1 joint training (cost: $7,500) or two separate trainings (cost: $12,500)
         2. **Cost:** $7,500 or $12,500
         3. **What's Included:** Retreat mod training fee; SD group training fee; Follow up phone calls (2 per training); Member discount to SDCN events.
         4. **What's not included:** Travel costs for workshops; Facility rental, food, & transport at Retreat; Consultation with PD (2-4 phone calls per month); Curriculum adaptation; Materials, manuals, and evals.

3. Training Your Moderators: Two Options
   a. All retreat mods come to general SD mod training (must be identified before the training). Retreat mods have an additional training or additional days of training to walk through the retreat content
   b. Separate long training for retreat mods
      i. ~20 hours if they are not already trained in SD
      ii. ~12 hours if they are already trained in SD to walk through the retreat content.

4. Results

a. Are great! Participants value their experience, would recommend it to their friends, want to stay involved, and are continuing to spend time with each other on campus.

5. Content

a. Blocks of content based on the Big 8 and the needs of your campus. All blocks do not have to directly correlate to the Big 8 (Greek Life is an existing block), but should not just be things people are interested in (sustainability).
b. Required blocks: each campus hosting an SD retreat is required to have blocks on: race, SES, and gender.

6. Size of the Retreat

a. 25-40 participants in small groups, 2 mods per 8-10 people.

7. Length of the Retreat

a. Friday night – Sunday night minimum. A 3-day weekend is best, or 4 days before the semester starts.

8. Format Of The Retreat And Of The Content Blocks Themselves

a. Each retreat has a similar format: students gather off campus and spend at least two nights in a dialogue sleepover. The retreat does not have to be off campus, but it's important that it's a sleepover and people don't come in and out – so it could be in a big gym or something, if people brought sleeping bags and slept there. No sleeping in your dorm room! Most campuses chose to host their retreat between 20 and 60 minutes away.
b. Each retreat has the following content blocks: bonding, the Big 8, introduction to power and privilege, race, SES, gender, and the same closing.
c. Each content block has some sort of activity or reading followed by small-group dialogue. This retreat is dialogue-heavy!

9. Target Audience

a. Up to you! Specific (retreat about Greek life) or general, just like SD groups. If it's not targeted, make sure to be diverse along MANY lines of identity, not just one or two.

10. What Next?

a. Keep it rolling in SD groups. The small groups from the retreat will hopefully become semester-long or quarter-long SD groups. This can be logistically challenging, but is worth it if you can make it happen.